


Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				<b>1</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm <b>Line Dance (Harmony Hall)</b> 10:30-11:30am  <b>Tai Chi (Harmony Hall)</b> 1:30-2:30pm
<b>4</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Gentle Fitness (Crescent Town)</b> 11:00am-12:00pm  <b>Harmony Café</b> 11:00am-12:00pm  <b>Bingo</b> <b>1:00-3:00pm</b>	<b>5</b> <b>Tamil Seniors Program</b> 9:00am-2:30pm  <b>English Program Advisory Committee Meeting</b> <b>10:00-11:00am</b>	<b>6</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am <b>Chair Yoga (Crescent Town Hybrid)</b> 11:00- 12:00PM  <b>Knit &amp; Chat (Crescent Town)</b> 1:00-2:30pm  <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm	<b>7</b>	<b>8</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm <b>Line Dance (Harmony Hall)</b> 10:30-11:30am  <b>Tai Chi (Harmony Hall)</b> <b>2:00-3:00pm (TBD)</b>
<b>11</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Gentle Fitness (Crescent Town)</b> 11:00am-12:00pm  <b>No Harmony Café</b>  <b>Mother's Day Tea Party</b> <b>1:00 -2:30pm</b>	<b>12</b> <b>Tamil Seniors Program</b> 9:00am-12:30pm	<b>13</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am  <b>No Chair Yoga (Crescent Town)</b> <b>No Knit &amp; Chat (Crescent Town)</b>  <b>No CFC Community Meal (dine-in)</b>	<b>14</b>	<b>15</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm <b>Line Dance (Harmony Hall)</b> 10:30-11:30am  <b>Tai Chi (Harmony Hall)</b> <b>2:00-3:00pm (TBD)</b>
<b>18</b>  <b>OFFICE CLOSED</b>	<b>19</b> <b>Tamil Seniors Program</b> 9:00am-12:30pm	<b>20</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am <b>Chair Yoga (Crescent Town Hybrid)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:00-2:30pm  <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm	<b>21</b> <b>Book Club</b> <b>11:00am-12:00pm</b>	<b>22</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm <b>Line Dance (Harmony Hall)</b> 10:30-11:30am  <b>Tai Chi (Harmony Hall)</b> 1:30-2:30pm
<b>25</b> <b>Gentle Fitness (Harmony Hall)</b> 9:30-10:30am <b>Gentle Fitness (Crescent Town)</b> 11:00am-12:00pm  <b>Harmony Café</b> 11:00am-12:00pm  <b>Bingo</b> <b>1:00-3:00pm</b>	<b>26</b> <b>Tamil Seniors Program</b> 9:00am-12:30pm	<b>27</b> <b>Chair Yoga (Harmony Hall)</b> 9:30-10:30am <b>Chair Yoga (Crescent Town Hybrid)</b> 11:00- 12:00PM <b>Knit &amp; Chat (Crescent Town)</b> 1:00-2:30pm  <b>CFC Community Meal (dine-in)</b> 3:30-5:00pm	<b>28</b>	<b>29</b> <b>Chinese Seniors Program</b> 9:00am-3:00pm <b>Line Dance (Harmony Hall)</b> 10:30-11:30am  <b>Tai Chi (Harmony Hall)</b> 1:30-2:30pm

## Program & Activities for Seniors

We offer wide variety of programs designed to support different interests, fitness levels, and abilities. Seniors are welcome to try different activities and choose what best suits their individual needs.

### Language Access & Inclusion

Programs and services for seniors are offered in four languages:

**English, Cantonese, Tamil, and Bengali**, to ensure accessibility and inclusion for our diverse community.

**Please note:** This calendar is specifically for seniors that attend programs in English. Calendars and program information in other languages are available upon request.

## Registration & Contact Information

**For Seniors Active Living Centre English programs information and registration:**

Selvy 416-752-0101 ext. 4224  
[isadacharnathan@srchc.com](mailto:isadacharnathan@srchc.com)

**Gentle Fitness & Chair Yoga at Crescent Town:**

Nazly 647-233-4898  
[nsultana@srchc.com](mailto:nsultana@srchc.com)

**Line Dance**

Billy 416-752-0101 ext. 4223  
[bwu@srchc.com](mailto:bwu@srchc.com)

**Community Meal**

Sarah 416-752-0101 ext. 4226  
[sclement@srchc.com](mailto:sclement@srchc.com)

## Fitness & Exercise Programs

### Gentle Fitness

Cost: Free

Location: **Harmony Hall**

Day & Time: **Mondays, 9:30-10:15 AM**

This class is best suited for seniors who are looking for a more active and moderately intense workout. Sessions include:

- Strength exercises using light weights
- Standing and seated movements
- Improving flexibility and joint health

### Gentle Fitness

Cost: Free

Location: **Crescent Town**

Day & Time: **Mondays, 11:00AM-12:00PM**

A low-impact gentle exercise class focusing on overall mobility, strength and flexibility.

### Chair Yoga

Cost: Free

Location: **Harmony Hall & Crescent Town**

Day & Time:

Wednesdays, **9:30-10:30AM (Harmony Hall)**  
**11:00AM -12:00PM (Crescent Town)**

This class is specifically designed for seniors with limited mobility. Sessions include:

- Meditation and relaxation
- Breathing techniques
- Gentle warm-up and stretching exercises

All movements are performed while seated or with chair support.

### Tai Chi

Cost: Free

Location: **Harmony Hall**

Day & Time: **Fridays, 1:30-2:30PM**

This a gentle low-impact exercise that promotes balance and coordination. This class is ideal for seniors looking to improve balance and prevent falls.

### Line Dance

Cost: Free

(Intermediate level only)

Location: **Harmony Hall**

Day & Time: **Fridays, 10:30-11:30am**

A fun and energetic class for seniors with prior dance experience.

## Social & Community Connections

### Bingo

Location: **Harmony Hall**

Day & Time: **First and last Monday of every month, 1:00-3:00PM**

A program to enjoy games, prizes and social connections.

### Knit & Chat

Cost: Free

Location: **Crescent Town**

Day & Time: **Wednesdays, 1:00-2:30PM**

All skills levels welcome. A relaxed social program for knitting, crocheting and conversation.

### Community Meal

Cost: Free

Location: **Harmony Hall**

Day & Time: **Wednesdays, 3:30-5:00PM**

A program to help address food insecurity. Enjoy a free, hot, nutritious meal while connecting with others in a dine-in setting.

### Harmony Café

Cost: Free

Location: **Harmony Hall**

Day & Time: **Mondays, 11:00AM-12:00PM**

A program to address food insecurity. Enjoy a free nutritious breakfast while connecting with other in a dine-in setting. Please note: This program is not limited to seniors only.

**Book Club** (once a month)

Cost: Free

Location: **Harmony Hall**

Date & Time:

**Thursday, May 21, 11:00AM-12:00PM**

The Book Club meets once a month. Members take turn to choose the book and come together to share their thoughts and select the next month's book.

### Special Events in May

Please check the attached flyers for more details.